

Course Description

This course provides a comprehensive understanding of health and hygiene principles, emphasizing both personal and community well-being. Students will explore various aspects of health, including physical, mental, social, and environmental health. The course will cover topics such as nutrition, exercise, disease prevention, sanitation, and healthcare systems.

Course Objectives

Upon completion of this course, students will be able to:

- Demonstrate knowledge of fundamental concepts of health and hygiene
- Apply critical thinking skills to assess health information and make informed decisions
- Develop effective personal health management strategies
- Promote healthy behaviors and practices within their communities
- Understand the role of healthcare systems and public health initiatives

Course Structure

Module 1: Foundations of Health and Hygiene (5 credits)

- Definition and dimensions of health (physical, mental, social, spiritual, environmental)
- Basic human anatomy and physiology
- The role of genetics and environment in health
- Historical perspectives on health and hygiene

Module 2: Personal Health and Wellness (6 credits)

- Nutrition and dietary guidelines
- Physical activity and exercise
- Sleep hygiene and its impact on health
- Stress management and coping strategies
- Substance abuse prevention
- Personal hygiene practices
- Chronic disease prevention and management

Module 3: Communicable and Non-Communicable Diseases (5 credits)

- Epidemiology and disease transmission
- Immune system and its role in disease prevention
- Common infectious diseases (e.g., HIV/AIDS, tuberculosis, influenza)
- Non-communicable diseases (e.g., heart disease, cancer, diabetes)
- Vaccination and immunization
- Global health issues and pandemics

Module 4: Environmental Health (4 credits)

- Environmental factors affecting health
- Water and air pollution
- Food safety and sanitation
- Occupational health and safety
- Disaster preparedness and response
- Sustainable development and health

Module 5: Healthcare Systems and Public Health (5 credits)

- The healthcare system: structure, functions, and challenges
- Health insurance and financing
- Public health principles and practices
- Health promotion and disease prevention programs
- Global health initiatives and collaborations
- Ethics in healthcare

Module 6: Health Education and Behavior Change (5 credits)

- Health communication and behavior change theories
- Health education program planning and implementation
- Evaluation of health programs
- Cultural competence in health
- Advocacy and policy making for health

Teaching and Assessment Methods

- Lectures
- Group discussions
- Assignment
- Seminar
- Project
- Examinations

Reference

- Marmot, M., & Wilkinson, R. G. (Eds.). (2006). *Social determinants of health*. Oxford University Press.
- Centers for Disease Control and Prevention (CDC). (2023). *Healthy People 2030*.
- Stanhope, M., & Lancaster, J. (2018). *Public health nursing: Population-centered health care in the community*. Elsevier.
- World Health Organization (WHO)

- Centers for Disease Control and Prevention (CDC)
- National Institutes of Health (NIH)